

## Safety Tips From Eastside Fire & Rescue



**In the U.S. last year, between 7,000 to 8,000 deaths occurred from drowning.**

**Three to four times as many are injured in water related accidents.**



# Summer's Near...and that

means lots of outdoor recreational activities, as well as a host of safety hazards that go along with them. Because our organization is called upon to deal with the accidents and injuries that result from swimming fun gone awry, you have an excellent opportunity to help educate your family and friends by following these Swim Safety Tips!

## Swim Safety!

With summer soon approaching, more and more people in our area will be enjoying the outdoors. Unfortunately, fair-weather activities such as swimming also present their share of hazards.

To help ensure everyone in the community enjoys safe swimming, Eastside Fire & Rescue offers the following tips and suggests you post them where they are likely to be seen by the greatest number of people.



### Swimming ...

The Centers for Disease Control reports that drowning is the second leading cause of injury-related death among children 1-14 years old.

- Always swim with a buddy, never alone, even if you are an experienced swimmer.
- Always wear your life-jacket or Personal Floatation Device (PFD) when entering the water.
- Never leave kids alone while they are in or near a pool, even if they can swim.
- Know your limits. Don't get overly tired.
- Don't swim if you are chilled, overheated, immediately after eating or in storms. Alcohol and swimming don't mix.
- Do not chew gum or eat while swimming, you could easily choke.
- Obey "no diving" signs. It means the area is unsafe for headfirst entries.
- Always enter the water feet first if you don't know the depth. Check for submerged obstacles.
- Always dive with your hands in front of your head.
- Surround your pool on all sides with a sturdy 5' fence. Make sure young kids can't reach the gate latch.
- Keep rescue equipment (life preserver, long pole with a hook on the end) near your pool.
- Slips and trips are common on slippery surfaces. Discourage running in a pool area.
- Don't body surf in waves bigger than 3', on sloped beaches or near sandbars.

## **Summer Heat**

Overheating can cause muscle cramps, chills, nausea and dizziness, among other symptoms. At its worst, it can lead to heat stroke, a medical emergency.

After long periods of inactivity during the winter the body is not ready for strenuous exertion – especially in hot temperatures.

- Drink plenty of water before and during hard or strenuous work in the heat. You'll need to drink more

water than your thirst indicates.

- Take frequent small drinks, which are more effective than gulping down large amounts at once.

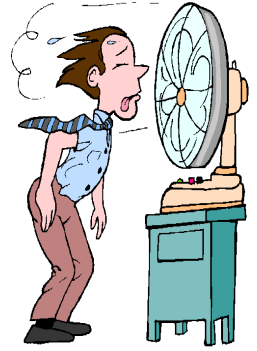
- When possible, schedule heavy work for the cooler hours of the day, such as early morning or late evening.

- Take frequent rests, lower the workload as the heat increases.

- When possible, start with less strenuous work and gradually build up the intensity so you can acclimatize yourself to the heat.

- Never leave children alone in a car during the summer – even for a few minutes with the windows rolled down.

**Most important of all, remember to call 911 in the event of an emergency.**



## **Keep Your Fun In The Sun Safe!**

Protect yourself from the sun's ultraviolet (UV) rays. Overexposure can lead to eye problems, sunburn and even skin cancer.

- Use UV protective sunscreens with a protection factor of at least 15 whenever you are in the sun for long periods. Even on cloudy days UV rays can get through.

- Minimize your exposure when the sun's rays are the strongest, from 10 a.m. to 4 p.m.

- Wear wide-brimmed hats in the sun; baseball caps don't cover enough of your face and neck.

- Choose sunglasses that block 99 to 100 percent of UV light. Wraparound

glasses are best.

- Babies under 6 months should be kept out of direct sunlight.



## **Picnics and Camping Trips!**

- Carry an insect sting kit if you have a known allergy. To decrease the risk of insect bites avoid wearing perfumes and clothes with floral patterns.

- To help prevent food poisoning, keep cold foods cold and hot foods hot. Don't store perishable foods in a hot car.

- Keep kids away from grills and lighter fluid and keep grills away from anything that can burn.

- Learn to identify poison ivy, poison oak and poison sumac. Wash the contact area with soap and water as soon as possible.

- Be sure to check area burn regulations before you

start any campfire. When extinguishing a campfire, let it die down, then break up the coals or logs, spread the pieces, soak them, and then cover the area with dirt or sand.

Make your picnicking and camping experience a safe one!



***“Summer is a fun time that can be packed with activities, but it is also a time to be wary of preventable injuries and conditions.”***